Michael Macchia Sci

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Overall Summery

Scientists have found that you can actually learn Chinese or French while sleeping. A new type of audio seeks insight on how the brain works, and may help people study a language. Scientists at northwestern University play specific sound while people slept, and this allowed them to remember what they had learned before they fell asleep. During this time the individual memories were enhanced.

Researchers taught people to put pictures into locations. Each picture had a related sound like the meow of a cat. Then 12 of the people took naps during which 25 of the sound were played along with a white noise. When they woke up, none had realized that the sounds had been played but almost all of them could place the computer locations of the pictures associated with the 25 sounds that had been played.